SUICIDE PREVENTION!!!

MYTHS

- People who commit suicide are crazy
- Good circumstances prevent suicide
- People who talk about suicide will not commit suicide
- People who
  - **threaten suicide**
  - **cut their wrists**
  - **or do not succeed at other attempts**

  are not really at risk for suicide
- Talking about suicide with people who are upset will put the idea of suicide in their heads
- People who are deeply depressed do not have the energy to commit suicide
- People often commit suicide without warning

Warning Signs

- A preoccupation with death
- Withdrawal from friends/family or other major behavioral changes
- Seeing oneself differently
  - **ugly, for example**
  - **putting oneself down**
- Difficulty concentrating
- Noticeable changes in eating or sleeping patterns
- Putting ones life in order
- Sudden & extreme weight loss or gain
- Personality changes
- Use of drugs or alcohol
- Recent suicide of friend or relative
- Previous suicide attempt
- Unexplained loss of energy
- Excessive risk-taking

Do

- Take threats seriously
- Answer cries for help
- Confront the problem
- Be direct
- Be a good listener -- and a good friend
- Tell them you care
- Get professional help

Don’t

- Don't Panic . . . Stay Calm
- Don't leave them alone
- Don't assume they're not "the type"
- Don't debate the morality of it or how it might make others feel
- Don't keep a deadly secret

If in Doubt - Don’t Hesitate to call your Chain of Command, the local Clinic, Military Police, or the Chaplain!!!